

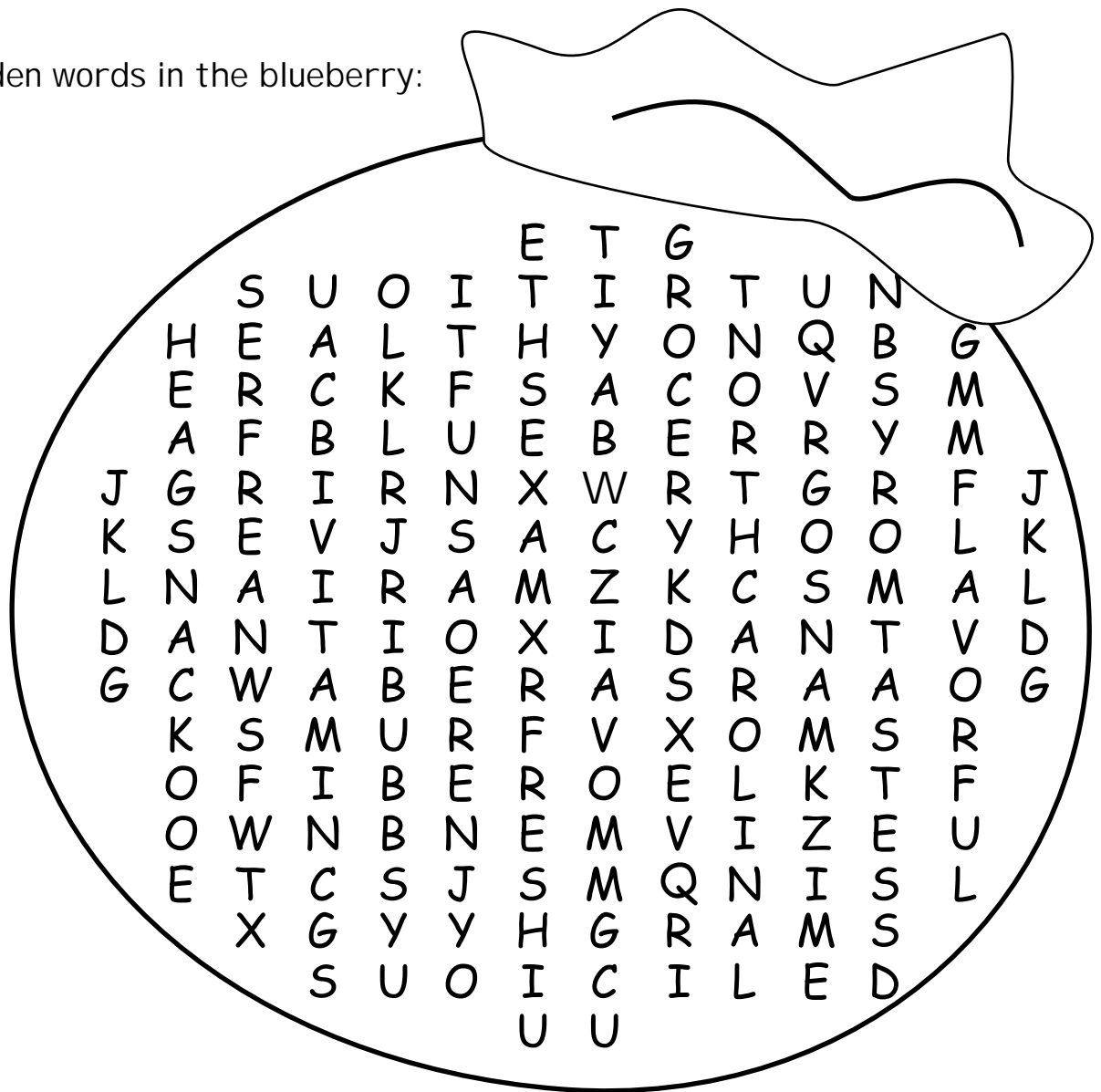
Get a Taste of the Blues.... NC Blueberries

Blueberries are the perfect choice for a fun, flavorful and healthy snack. They are low in fat and a great source of fiber and vitamin C.

A one cup serving of fresh blueberries will give you 5 grams of fiber and 15% of your daily Vitamin C requirements.

Recent studies of 40 fruits, vegetables and juices showed that blueberries scored highest in antioxidant activity. Antioxidants help to fight diseases and slow down some of the effects of aging on your body. Besides, blueberries are just plain delicious. So, ask for fresh North Carolina Blueberries at your favorite grocery store and "get a taste of the blues. "

Find the hidden words in the blueberry:



WORD LIST:

ANTIOXIDANT, BLUEBERRY, DELICIOUS, FIBER, FLAVORFUL, FRESH, FUN, GRAMS, GROCERY, HEALTHY, NORTH CAROLINA, NUTRITIOUS, SNACK, TASTE, VITAMIN C